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PEANUTS AND SOY BEANS FOR THE DIABETIC PATIENT

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When feeding the diabetic patient, carbohydrate foods must be eliminated or restricted, and in their place are given foods which contain a high percentage of proteid and fat. We are, therefore, looking for foods which have a low carbohydrate content, but which are rich in proteid and fat. Peanuts and soy beans fulfill this requirement. The percentage composition of peanuts and soy beans, according to Hutchison, is given in the table below.

	Water	Proteid	Carbohydrate	Fat	Cellulose	Mineral
Peanuts,	8.3	24.0	17.	44.3	4.5	1.9
Soy Beans,	11.0	32.9	28.7	18.1	4.4	4.9

The recent campaign for food conservation has brought into use many foods not commonly employed in the diet. Many recipes have been prepared giving the uses of peanuts and soy beans in cookery, and both have been used extensively as meat substitutes. One pint of chopped peanuts has the same proteid value as one pound of steak. These recipes can be made applicable to the needs of the diabetic patient.

Both peanuts and soy beans belong to the botanical pulse family. In order to be digestible, they require a thorough cooking. Peanuts may be either boiled or roasted; they are more digestible when chopped or ground fine. They are used to make peanut oil and peanut butter. The oil is sweet and makes a superior salad dressing. It does not become rancid and has good keeping properties. Peanut butter is manufactured commercially; it may be bought in glass jars. It is easily made in the home by putting roasted peanuts through the finest division of the meat grinder. This should be done twice, and the paste thus formed mixed with a little peanut or other vegetable oil. This peanut butter has many uses in cookery, and imparts a delicate and unusual flavor. One pound of peanut butter will yield 2,650 calories, as compared with 950 calories yielded by one pound of round steak.

Soy beans may be boiled until tender, and are then used in various combinations in cookery. Soy bean flour is now manufactured commercially, and it may be used in making bread and biscuit for the diabetic patient. While not entirely free from starch, it can be used where gluten flour is given; even the best grades of gluten flour contain some starch. A patient who has become tired of gluten bread and

biscuit will often appreciate the change to soy bean flour. It may be used, also, to thicken gravies and sauces. Soy beans are used extensively in China, and soy bean cheese, which is very rich in proteid, is used to supplement the deficiencies of a rice diet.

The following recipes will give a general idea of the uses of peanuts and soy beans in diabetic diet.

Peanut Soup

2 tablespoons peanut butter,	$\frac{1}{2}$ tablespoon fat,
$\frac{1}{2}$ cup water,	$\frac{3}{4}$ tablespoon soy bean flour,
$\frac{1}{2}$ cup scalded milk,	$\frac{1}{4}$ teaspoon salt,
$\frac{1}{4}$ slice onion,	pepper.

Boil the water and pour it slowly over the peanut butter, stirring until smooth. Scald onion and milk, and strain out onion. Melt fat, add flour, and when well blended, add milk gradually, stirring until boiling point is reached. Add peanut mixture and seasoning, and beat well. Gluten flour may be substituted for the soy bean flour.

Soy Bean Soup

$\frac{3}{4}$ cup boiled soy beans,	$\frac{1}{2}$ tablespoon fat,
$1\frac{1}{2}$ cups water,	$\frac{3}{4}$ tablespoon soy bean flour,
$\frac{1}{2}$ slice onion,	salt,
5 tablespoons stewed and strained tomatoes,	pepper.

To prepare the soy beans, first soak over night; drain, add cold water, and cook until tender, which will take about 8 hours. The beans should simmer and not boil hard. Drain well when done. Put the boiled beans, water and onion in a sauce pan and cook gently for 25 minutes. Rub through a sieve, and add tomato and seasoning to taste. Melt the fat, add the flour and, slowly, the bean mixture. Bring to the boiling point and serve. Gluten flour may be used in place of the soy bean flour, and water may be substituted for the tomatoes.

Soy Bean Loaf

2 cups cooked soy beans,	1 tablespoon vegetable oil,
1 egg,	salt,
1 tablespoon minced onion, water,	pepper.

Cook the soy beans, following the directions for boiling given in the recipe for bean soup. Measure the cooked beans, and put them through the meat grinder. Add the egg slightly beaten, onion, oil, and seasoning. Moisten with sufficient water, so that the mixture

may be formed into a loaf. Bake on a greased pan in a moderate oven until brown, basting frequently with a mixture of hot water and vegetable oil. Serve hot with peanut gravy. Peanut or any other vegetable oil may be used in this recipe, and stewed and strained tomatoes may be used instead of water. Ground peanuts or peanut butter can be added to give variety of flavor.

Peanut Gravy

$\frac{3}{4}$ tablespoon fat,	$\frac{1}{8}$ teaspoon salt,
1 tablespoon soy bean flour,	pepper,
$\frac{1}{2}$ cup milk or water,	1 tablespoon peanut butter.

Brown the flour in the fat, add seasoning, and peanut butter. Stir until well blended, add water or milk gradually, and stir constantly until gravy boils and is thick.

Soy Bean Salad

Put cold soy beans through the meat grinder, season with minced onion, salt and pepper. Mix well with French Dressing, and serve on lettuce leaves. Chopped peanuts may be added, if desired. This same mixture is especially good when used as a stuffing for raw tomatoes, served on lettuce leaves.

Soy Bean Wafers

1 cup soy bean flour,	$\frac{1}{4}$ teaspoon salt,
	cream.

Add the salt to the flour, and sufficient cream to make a stiff dough. Turn out on a floured board and roll as thin as possible. Cut with a biscuit cutter, prick with a fork, and bake in a moderate oven until a very light brown.

Soy Bean Biscuits

1 cup soy bean flour,	$\frac{1}{4}$ teaspoon salt,
$2\frac{1}{2}$ tablespoons baking powder,	1 tablespoon fat,
	about $\frac{1}{4}$ cup milk.

Mix and sift the dry ingredients, work in the fat with the fingers or cut in with a knife. Gradually add the milk until a soft dough is formed. Knead lightly on a board dredged with soy bean flour, roll thin, and cut with a biscuit cutter. Bake in a hot oven for about 15 minutes or until brown. Peanut butter may be worked into the dough before the biscuits are cut, to give a variety of flavor. These biscuits are rather close and heavy, resembling those made from gluten flour, but have a different flavor.